



**New Class for all our members... All Fitness levels welcome...**

**Evening Strength & Conditioning class...  
Wednesdays @ 5.30pm**

Who should attend?  
Anyone who has interest in...

- Improving your muscle function and strength,
- Increasing bone and muscle mass and reduce body fat.

**Resistance exercises are also commonly prescribed in the treatment of many chronic conditions, including; lower back pain, musculoskeletal dysfunctions...**

***Resistance training doesn't have to involve heavy weights either. Instead of concentrating on the weight, we will focus on the movement pattern and maintaining body position and posture. It is important to remember strength is relative and varies from person to person.***